

The INTERCHANGE

The official newsletter for Indiana state employees



Employees save by not smoking

Recent headlines in daily newspapers across the country offered a startling statistic: Tobacco could kill 1 billion people over the next few decades.

That death toll is expected to be 10 times greater in the 21st century than it was a century earlier, during the 1900's.

"In all of world history, this (tobacco use) is the largest train wreck not waiting to happen," according to John Seffrin, chief executive officer with the American Cancer Society. Seffrin, along with other health officials said that reducing tobacco use would have the single largest effect on global cancer rates.

Eager to improve the health and well being of state employees, the State's Personnel Department (SPD) will offer a new non-tobacco use incentive. Each health care option for 2007 will have at least a \$500 deductible, according to Debra Minott, SPD Director.

Any employee can eliminate \$500 of their deductible by committing to not use any form of tobacco during 2007. The commitment is for the entire year, no exceptions.

"Think of all the money you could pocket by reducing your deductible by \$500 and not purchasing tobacco products," said the Director. "The time is here to kick the habit."

Watch for more information on the health care options both online and in an upcoming special edition of The Interchange, in early October.



Win some, lose some

Indiana Economic Development Commission's (IEDC) accountant Dale Cotterman has made some changes during his daily commute to shed one thing and retain another. He transformed a stressful, traffic-jammed commute into a healthy, environmentally friendly trip to work on his bicycle.

Cotterman began his conversion during the 2005 Bike to Work Day and now rides an average of three days a week from spring to fall. He modestly states that he is "not the best example because others have ridden year round," noting he has seen bikes outside State offices in the winter.

Regardless, he still serves as an "inspiration to those of us who are not 'gym-junkies,'" said IEDC colleague, Janey Trout. "I believe he presents an example to others that makes us think that we, too, should be able to be more health conscious."

Riding a bike to work has prompted a couple of other changes in his life. First, he has to pack clothes for work to change into at the office and he has modified his eating habits to increase the effects of his exercise commute. Since then, Cotterman has lost weight and improved his blood pressure and heart rate. He quietly admits that the only thing that has gotten fatter is his wallet because of gas savings.

Biking to work will become even easier when the Indiana Government Center becomes the first location to have an INBikePort. The INBikePort is in the final stages of planning, and will include fully enclosed and rack parking for bicycles, showers, lockers and changing rooms for cyclists.

For more information visit www.inbikeport.org or www.bikeleague.org.

Sharing your ride can reduce expenses and stresses

Looking for a way to make your gas money go a little further? Try taking the bus. To help state employees and the general public, a customer service terminal has been set up in the Indiana Government Center, South. Its home is in the DNR Customer Service Center at 402 W. Washington St., Room W160.

Service center hours are Monday through Friday from 8:30 am to 4:30 pm. Cash, check and/or credit cards can be used to purchase the passes.

Passes to ride IndyGo buses are available in three formats: daily, seven-day passes or 31-day passes. Daily round trip passes cost \$3; a seven-day pass is \$15 and 31-day passes are \$50. \

In cooperation with Central Indiana Commuter Services (CICS), vanpooling is available at Cloverdale and Bloomington. And according to Philip Giddens, Director of Greening the Government Program, Department of Administration, Greenfield will soon offer vanpooling, and Bloomington will offer a second one.

Employees who purchase the passes can also register, free of charge, for the Central Indiana Commuter

Services (CICS) Emergency Ride (ERH) program. ERH is a CICS-provided service for carpoolers, vanpoolers, walker, bikers and transit riders. Taxi service is provided for participants so they are not stranded at work or left without transportation when there is an emergency during the day. This program allows up to five emergency rides per year within a 50-mile radius of Indianapolis.

To qualify for ERH a commuter must meet the following requirements:

- Be an active carpooler, vanpooler, walker, biker, or transit rider - register with CICS and participate at least three times a week.
- Work anywhere in the nine county Central Indiana Region.
- Work for an active employer - the employer must register with CICS and appoint an Employee Transportation Coordinator (ETC).

For more information about commuting to work, log onto the CICS web site at www.327ride.net.

Revenue shows us the money

The Department of Revenue (DOR) won an Award of Excellence in communication management from the International Association of Business Communicators (IABC) for its tax amnesty marketing/communication campaign. It also won Best of Show across the entire communication management division. DOR's campaign beat out Eli Lilly & Co., Roche, Riley Hospital for Children, Indianapolis Convention & Visitors Association, Walker Information, and One America for the top spot of Best of Show in this division.

As of January 2006, DOR collected \$255 million in cash and payment commitments. The original target was \$65 million, which means the State collected almost four times the original target.

It's time again for the Blue Ribbons



Original artwork by Jerry Williams, State Personnel Department

STATE EMPLOYEE DAY



THURSDAY, AUGUST 17TH

Show your State Employee Identification Badge* at the gate
for your **FREE** admission to State Fair FUN!

A Few Highlights Planned For Your Day at the Fair:

- **Hoosier Lottery Day** - State Employees 18 or older will receive a coupon at the gate to exchange for a free scratch-off ticket at the booth in front of the Toyota Trucks Grandstand.
- **Midway Wristband Special** - All-Day Ride Survival from Noon-11:00 pm for only \$23.00 per person.
- **New: INDOT Truck Safety "Rodeo"** from 8 am-1 pm in the infield.
- **Pat Boone** at the Farm Bureau Insurance Celebration Park/WFMS Free Stage at 2 pm.
- **Toyota Daily Parade** at 6:30 pm along the Biofuels Main Street
- **Pop Tarts presents the American Idols Live Tour** at the Toyota Trucks Grandstand at 7:30 pm.

*Employees who do not have a State of Indiana Identification Badge must present a current paycheck stub and photo identification at the gate for FREE admission on August 17th.

Visit indianastatofair.com for more information



Coming soon to a computer near you

The latest version of PeopleSoft HR (8.9) will be available to state employees sometime this fall. The upgrade will offer several improvements including:

PeopleSoft portal. This portal becomes a single point of access. Employees will still use their ID and password to sign on, but will have access to more information from a single point. The portal links employees who use PeopleSoft HR, Financials and ELM to one access point for signing in. Employees who use one or more of these applications will appreciate that will only need one user identification and password to access each PeopleSoft application.

eBenefits. Employees will use eBenefits for more than just Open Enrollment. This will be our vehicle for employee self-service benefit administration. When an employee has a qualifying life event (change in marital status, birth of a child, adoption, etc.), the employee will be able to sign on to PeopleSoft and make those changes online.

Answers to your One Care Street questions

I missed my deadline. Can I still participate in One Care Street and get the discounts for 2007? *At this time, yes, you may. However, please do not delay any further. Log onto One Care Street at www.onecarestreet.com and get the process rolling!*

I was not selected for Health Coaching. Can I still get a Health Coach and how much does it cost? *If you are interested in using a Health Coach, call the One Care Street hotline at 1.866.245.2453 between the hours of 7 a.m. and 10 p.m. Monday through Thursday or 7 a.m. to 8 p.m. Friday and ask to be assigned a Health Coach. There is no cost to you (or your spouse, if your spouse is included in your state health insurance plan) for a Health Coach.*

What do the Health Coaches do? *Health Coaches are available to work with you on a number of issues, whether it is stress management, setting and reaching health goals (such as exercising, smoking cessation, healthy eating/healthy choices), or working with difficult people, etc. The Coaches do not offer medical advice, but can refer you to an appropriate program or professional, if necessary. One Care Street Health Coaches have backgrounds in counseling, psychology, social work and are either licensed or eligible for licensing in the State of Indiana.*

eRecruit. The look and feel of eRecruit will change and it will be easier for the State to process internal and external applications. A new "save for later" button will allow applicants to stop in the middle of their application and return to it later, without losing the information. Overall, eRecruit will become more

user friendly for both applicants and HR users.

ePerformance Management. This new option will allow for an online performance review process. Initially, ePerformance will be a pilot project; once the module is reviewed, it will be rolled out to all state employees.



Fact for Life #142

More than half of all smokeless tobacco (chew) users develop leukoplakia, an oral disease which often leads to oral cancer, within just three years of use.

For more information on Indiana Tobacco Prevention and Cessation, visit www.itpc.in.gov, www.WhiteLies.tv or www.Voice.tv.



Your Address for Better Health

The Interchange

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The Interchange is available on line at www.in.gov/jobs/theinterchange



Printed on Recycled Paper

That's classified information!

State employees submitting items for sale must agree to the following rules:

- Contact information must include either a phone number (home or cell, no state numbers) or a home e-mail address. Include your area code!
- Ads must be submitted via email to pwarnick@spd.in.gov, the items must be included in the body of the e-mail, no photos or attachments are allowed. No bold or italic type, no ALL CAPS.
- There is a limit of one ad per employee per issue. Each ad has a limit of three items.
- Deadline is the 10th of the month prior to the next issue (for the September issue, ads must be in by August 10th).
- If garage sale, need to list times, date, street address and town.
- Listing of animals, for sale or free, is allowed.
- No real estate, for sale or rent.
- No Avon, Mary Kay, vitamins, etc.
- No businesses or professional services (i.e., tax preparation, car repair, etc.).
- State Personnel Department staff reserves the right to edit any ads and or to refuse any ads.

Washer, 5 yrs. old, works great \$80. Single, natural wood futon, used five times. \$75. IKEA natural wood high bed, assembly required, includes slide and ladder. \$50. Contact September Fox, 317.201.7587.

Vintage 1969 Airstream Land Yacht, 21 ft. travel trailer; new carpet, curtains, upholstery, AC. \$3,000. Must sell. Contact ej1029@AOL.com.

2003 Kawasaki Ninja ZX-6R, 636cc.; 1,800 miles, adult ridden, never down or in rain. Like new. \$4,700 OBO. 812.259.1831 (cell).

Large cast iron fancy birdcage for medium to large bird; used 6 months. \$75. Bottled water dispenser, crock w/wooden stand. Excellent condition. \$30. Phone 574.946.3621.

CB Radio, 40 channel, plugs into car lighter; magnetic mount antenna. \$25/obo. Bedliner for small pick up; black rigid plastic. \$99/obo. iMac Computer, blue all in one unit (picture tube, not flat screen); slot loading CD OSX and OS 9.2; great for e-mail and web use. \$200/obo. Dan 317.254.0012.

Queen box spring & mattress, excellent condition, 3 yrs. old. \$300. Total gym, \$100. Antique record player & cabinet, good condition and works. \$75. Call 765.759.5765 after 4pm.

Free to good home: 1 male and 1 female Basset Hound; possibly full blooded; found along the side of the highway; approximately 4 to 5 mos. old, sweet dispositions. Contact Tabi Tucker, 812.354.9413 (home), or 812.582.0372 (cell).



2004 Coachman travel trailer, 25', sleeps 6, fully contained. \$14,500. Phone 317.852.5721, evenings only.

1997 Ford F-150 extended cab, 3-door, automatic, fuel saving V-6, all power, 68K miles. Has cap. \$7,995. 317.590.8763 or kennyf@netzero.com

1988 Hurricane Fundeck Executive 18-ft with 1995 boat trailer (similar to a pontoon), rebuilt 150 HP Johnson Outboard Engine, seat covers, new Road Cover and Bimini Top, built-in cooler, skis with rope, anchor, ship-to-shore radio, Humming Bird Fish Finder, AM-FM radio, assorted sizes life jackets, docking bumpers, new battery, wheel locks. \$5,000. Call 317.862.1233 or 317.750.7253.

Wooden bedroom suit with armoire, king-size bed, 2 night stands, dresser with mirror and 5 ft. chest of drawers. Excellent condition. \$1,000 or obo. 317.440.1237, ask for Char Roller.



Custom built wooden swing set (2 swings, tree house, slide, monkey bars, etc.). \$150. Call 317.887.1508 (home) or 317.796.8637 (cell), ask for Namrata.

250 Honda Rebel Motorcycle, burgundy, 2002, 367 miles, excellent condition. \$2,500. Contact Anita Hatfield, 317.908.3161.

Fiberglass fishing boat, 12 ft., with trolling motor, fish finder, anchors, pedestal seats; trailer with new tires. \$675 OBO. 765.522.3327 or 812.322.4151 (cell); tysonlong@yahoo.com.

HP Deskjet 3748 printer, photo quality; borderless printing; 1200 x 4800 dpi resolution; print 10 pages per minute. Used one month, works perfect. \$40. Call Mark Hemmelgarn, 317.430.0401.

Cast iron fireplace. \$75. Assorted musical figurines. \$5 to \$10 each. Radio/CD/cassette stereo with remote. \$20. Contact Daina Bohr, 317.246.1364, dmbuhr@yahoo.com.

Bath vanity, 37" wide, 2 drawers, cultured marble top, color maple, includes faucet. \$120. Call 317.547.6885 or 317.430.1582.

Olympic style weight bench, approx. 300 lb. weights, leg press, curl & dip stands. \$200, OBO. Contact Richard, 317.908.0291.

Star Trek DS-9, seasons 1-4 (complete minus last 4 episodes of Season 4), factory recorded VHS with 2-3 episodes/tape. All for \$25. 317.272.0465.

Paying cash for old fishing tackle. Old lures, reels, rods, fishing tackle catalogs and other paraphernalia. 317.422.1141 (home) or 317.513.2299 (cell).

Puggle puppies. \$550-\$750. Call Danielle, 812.634.9691 or e-mail d.schnell@insightbb.com.

Classified ads (continued)

Kenmore 70 washer; works perfect. \$100.
Large antique Coca-Cola cooler; Un-restored, original condition, electric cooling pump. \$450 obo. Small dorm-size fridge. \$25. All three items located in West Lafayette. Contact Brandon Stevens stevensbpu@gmail.com or 765.746.4700.

Quarter horses and paint horses for sale; also saddles. Pat Smith, 765.847.1460.

Mollucan Cockatoos, 1 male and 1 female; male has only one wing and is in need of a special home with lots of attention. Call 765.977.3849 for prices and details.

Free Firewood. 317.838.8670 or 317.945.5387.

2002 Indian Roadmaster, less than 5,000 miles, lots of extras, \$16,500. Contact Mark Mace, mmace002@insightbb.com.

Wedding dress, raw silk wedding dress worn just once, then professionally cleaned. Size 8, diamond white. Beaded & embroidered bodice, slim-fitting skirt & detachable train. Price includes mid-length headpiece & matching size 8 shoes. Original price ~\$1,500. \$500 or best offer. E-mail Sarah at sjreymann24@yahoo.com.

2003 Honda (blue) Metropolitan Moped/ Scooter; 1,000 miles. \$1,000 or best offer. Contact Kim Sons, 765.938.2315.

Orchestra student drop out! Full size violin, bow, case, music stand. Excellent condition. \$175. 317.888.6719.

Newly rebuilt Chevrolet 307 small block engine with less than 6,000 miles. New clutch and radiator with standard transmission. All parts from a 1971 Chevy truck. \$950 for all or will sell parts separately. Contact Richard Williams at 317.539.2618 or mwilliams@beamanassociates.com.

Sofa and chair with ottoman; good condition. \$400. Call 317.490.6397.

Sonoma sofa slipcover, chenille/ cappuccino (\$149.99 from Kohl's); fits 74" to 96" sofa; machine washable (new in package). \$50, OBO.

Michael Jackson collection memorabilia from 1980's; doll, puzzle, magazines, sunglasses, mugs, t-shirts, key chains, etc (Most items still in original packaging). \$75. OBO. Mallard Duck decoy telephone on wooden base, quacks instead rings. \$15, OBO. Tracy C., 317.570.8681; tlconcannon@yahoo.com.



1995 Yamaha Grand Piano with bench; Model GH-1; like new, played very little. \$6,500. Contact Sandra Gran, 317.862.3827, regran@aol.com.

1993 Kawasaki Vulcan 500 motorcycle; 3,800 original miles, includes 2 Shoei helmets, windshield, saddlebags, 2XL rain suits, cover, new battery, owner's manual, 2 quarts oil and filter; midnight blue; fantastic condition. \$3,800. Contact Mary or Wes Maddox, 317.297.4722.

Pair of breeding Cockatiels, 2 cages, all accessories; \$300. Call 317.359.1518.

Dell computer desktop system (Dimension 2400 Model); 9 months old; excellent condition; Windows XP, Microsoft Office Suite included; subwoofer 3-way speakers, surge protector and Dell all-in-one printer (scanner, copier, fax machine). McAfee anti-virus program good until January 2007. \$575 for all, or \$500 for computer only. Call Rose, 317.271.8335, or 317.340.7123 (cell) evenings and weekends. If calling days please leave a message.

2001 Chevrolet 1500 Suburban LT 5.3L, auto, 4WD, Rear Air, PS, PDL, leather heated power seats, quad seat, 3rd row seat, CC, CD, Onstar, DVD, TW, towing package, running boards, alloy wheels. Always garaged, non-smoker. Well maintained. 94,500 miles. \$14,900. Call Rick, 765.653.9544.

2005 Monaco Sunco Spa, teal granite color, 86 X 76 size, 35 jet count, top loading filter, 5 HP pump, 5.5 K stainless heater, 1 HP Whisper Quest Blower, turbo chargers, ozonator, cover with locks, 1 lay down seat & 3 upright seats (1 seat has neck massage jets); used approx. 10 hours. \$2,000 OBO. Call Jody or Danny White, 317.244.8813 after 5 pm.

2004 Harley Davidson Low Rider. Two tone blue, lots of chrome; 1,100 miles; fuel injected, screaming eagle pipes, never seen rain and always garaged. This is a very nice bike. \$15,000 Call Tim at 260.760.7812.

2000 Ford Ranger SuperCab 4-door XLT Sport. Flex-Fuel E85! 75,000 miles. \$8,000 obo. RebeccaStergos@yahoo.com.

1994 red/white Starcraft 17 foot boat, I/O, Escort trailer, garage stored, runs well. \$6,000, includes cover, skies, 2 ski biscuits, tow ropes, 2 anchors. Call Stephani, 765.623.3672.

Yard sale, 8 am to 2 pm, August 5, 310 N. 5th St., (between Purina and the post office), Richmond, IN. Contact Michelle (Decatur) Poe, 765.993.0037 (cell); 765.966.0188 (home); mdecatur@msn.com.

Musical swing, six speeds, attached toys on tray. \$30. Portable baby bassinet with mesh zip cover. \$30. Cherry wood dresser. \$25. Contact Tonja Fuller-White at 317.833.8114.

Only Indiana state employees may place classified ads in The Interchange. Please do not list items for family and/or friends.